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a screen adapted to be disposed between said predetermined extremes of the patient's range of eye movement; and

a projector for operating said displaying means to project a display of information on said screen.

12. The apparatus of claim 1 wherein said control means includes means for monitoring and measuring at least one predetermined physiological response of the patient to the visual and auditory stimuli and producing an output representative of the response.

13. The apparatus of claim 12 wherein said monitoring and measuring means includes at least one detector for sensing the patient's physiological response and producing the output representative of the sensed response.

14. The apparatus of claim 12 wherein said control means further includes means connected to said monitoring and measuring means for receiving said output thereof and controlling, in response to said output, said visual stimuli presenting means and said auditory stimuli presenting means so as to elicit in the patient a mental imagery of a given negative experience of the patient and to eliminate the undesirable emotional arousal evoked in the patient by the given negative experience and to substitute a positive experience reinforcing a desired new behavior.

15. The apparatus of claim 14 wherein said means for receiving and controlling includes a computer storing a software program and being operable, in response to said output of said monitoring and measuring means, to run said software program and provide output signals to control operation of said visual and auditory stimuli presenting means.

16. A psychotherapy method for treating an undesirable emotional arousal of a patient, comprising the steps of:

- (a) presenting visual stimuli so as to be observed by a stationarily-positioned patient substantially at predetermined opposite extremes of the patient's range of eye movement;
- (b) presenting auditory stimuli to the ears of the patient;
- (c) alternately switching the visual stimuli between the predetermined extremes of the patient's range of eye movement; and
- (d) alternately switching the auditory stimuli between the patient's ears.

17. The method of claim 16 wherein said extremes are right and left lateral extremes of the patient's lateral eye movement.

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18. The method of claim 16 wherein the visual stimuli and auditory stimuli are alternately switched in a predetermined coordinated synchronous relation with respect to one another.

19. The method of claim 16 wherein said presenting the visual stimuli includes generating light from a bank of lights located at each of said predetermined extremes of the patient's eye movement.

20. The method of claim 16 wherein said presenting the auditory stimuli includes generating a sound and transmitting the sound to the patient's ears through a pair of stereo headphones adapted to be worn over the patient's ears.

21. The method of claim 20 wherein said alternately switching the auditory stimuli includes alternately switching the sound from the stereo headphones back and forth between the patient's ears.

22. The method of claim 16 further comprising the step of:

20 displaying visual information toward the stationarily-positioned patient from between said predetermined extremes of the patient's range of eye movement.

23. The method of claim 16 further comprising the step of:

25 monitoring and measuring at least one predetermined physiological response of the patient to the visual and auditory stimuli and producing an output representative of the response.

30 24. The method of claim 23 wherein said monitoring and measuring includes sensing the patient's physiological response and producing the output representative of the sensed response.

25 25. The method of claim 23 further comprising the step of:

controlling said visual stimuli presenting and switching and said auditory stimuli presenting and switching, in response to the output representative of the patient's physiological response, so as to elicit in the patient a mental imagery of a given negative experience of the patient and to eliminate the undesirable emotional arousal evoked in the patient by the given negative experience and to substitute a positive experience reinforcing a new desired behavior.

26. The method of claim 25 wherein said controlling includes operating a computer, in response to said output representative of the patient's physiological response, to run a software program stored in said computer so as to provide control of said presenting and alternating of the visual and auditory stimuli.

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